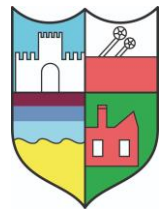




# Ellington Primary School



## Primary School expectations for RSE:

**F&R – Family and Relationships**

**H&W – Health and Wellbeing**

**S&TCB – Safety and the changing body**

**C- Citizenship**

**EW – Economic Wellbeing**

**I - Identity**

**L1 – Lesson 1**

**L2 – Lesson 2**

**L3 – Lesson 3**

**L4 – Lesson 4**

**L5 - Lesson 5**

**L6 – Lesson 6**

**L7 – Lesson 7**

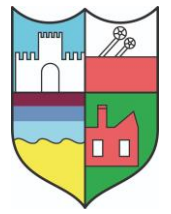
**L8 – Lesson 8**

Family and people who care for me	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
That families are important for them growing up because they can give love, security and stability.	F&R L1	F&R L1				
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	F&R L1			F&R L3		
That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	F&R L1	F&R L2	F&R L1	F&R L1,7	F&R L5	
Those stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.		F&R L1	F&R L1			
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.		F&R L2			F&R L3	
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed			F&R L1	F&R L8	F&R L5	F&R L6

Caring Friendships	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
How important friendships are in making us feel happy and secure, and how people choose and make friends.	F&R L2, 4				F&R L2	
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	F&R L2, 3, 4			F&R L3	F&R L1	
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	F&R L6	F&R L3		F&R L2		
That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.			F&R L2		F&R L2	F&R L5
How to recognise who to trust and who not to trust. How to judge when a friendship is making them feel unhappy or		F&R L4	F&R L5			



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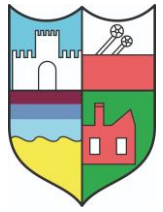


uncomfortable. How to manage conflict. How to manage different situations and how to seek help from others if needed.						
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Respectful Relationships						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
The importance of respecting others, even when they are very different from them, make different choices, or have different preferences or beliefs.			F&R L6	F&R L7		
Which practical steps they can take in a range of different contexts to improve or support respectful relationships.	F&R L3, 5	F&R L3	F&R L4			F&R L2
The conventions of courtesy and manners.		F&R L5		F&R L1		
The importance of self-respect and how this links to their own happiness.	H&W L4			H&W L4	F&R L4	
That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.						F&R L1
About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.			F&R L3	F&R L4	F&R L6	
What a stereotype is, and how they can be unfair, negative or destructive.	F&R L7	F&R L7	F&R L7, 8	F&R L5, 6	F&R L7, 8	F&R L3, 4
The importance of permission-seeking and giving in relationships with friends, peers and adults.				F&R L2		S&TCB L3



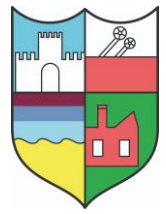
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Online Relationships						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
That people sometimes behave differently online, including pretending to be someone they are not.		S&TCB L2				S&TCB L3
That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.		S&TCB L2	S&TCB L3			S&TCB L3
The rules and principles for keeping safe online.			S&TCB L4			
How to recognise harmful content and contact online, and how to report these.						
How to critically consider their online friendships and sources of information.					S&TCB L2	
The risks associated with people they have never met.					S&TCB L1	
How information and data is shared and used online.				S&TCB L2		



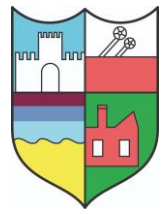
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Being Safe						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.				F&R L2		
About the concept of privacy and the implications of it for both children and adults. That it is not always right to keep secrets if they relate to being safe.		S&TCB L3		S&TCB L4		
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	S&TCB L5	S&TCB L4				
How to respond safely and appropriately to adults they may encounter, including online, who they do not know.	S&TCB L1,2,3					
How to recognise and report feelings of being unsafe or feeling bad about any adult.	S&TCB L2	S&TCB L5		S&TCB L4	S&TCB L2	
How to ask for advice or help for themselves and others, and to keep trying until they are heard.	F&R L5 S&TCB L1, 2, 3, 5	F&R L4 S&TCB L2, 3	F&R, L1, 3	F&R L4,8 H&W L6,7 S&TCB L2,4,6,7	S&TCB L2,3,4	F&R L6 H&W L4,8 S&TCB L1,3
How to report concerns or abuse, and the vocabulary and confidence needed to do so.		S&TCB L4				
Where to seek advice, for example, from their family, their school and other sources.		S&TCB L5				



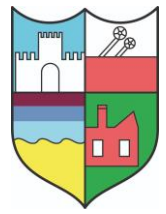
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Mental wellbeing						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
That mental wellbeing is a normal part of daily life, in the same way as physical health	H&W L4	H&W L3	H&W L2,4,5	H&W L2,3,5	H&W L1,3	H&W L2,3
That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness. The scale of emotions that humans experience in response to different experiences and situations.	H&W L1	F&R L6		F&R L8 H&W L6	H&W L5	F&R L6
How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	H&W L1	F&R L6 H&W L1		F&R L8		F&R L6
How to judge whether what they are feeling, and how they are behaving, is appropriate and proportionate.				H&W L6	H&W L5	
The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.		H&W L2				H&W L3
Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.	H&W L4	H&W L3	H&W L1,2	H&W L2,5	H&W L1	H&W L2,3
How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult.			H&W L3			
That bullying, including cyberbullying, has a negative and often lasting impact on mental wellbeing.			S&TCB L4			S&TCB L3
Where and how to seek support, including recognising the triggers for seeking support, extending to who in school they should speak to if they are worried about themselves or others.			H&W L3	H&W L7		H&W L3
That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed				H&W L7		H&W L3



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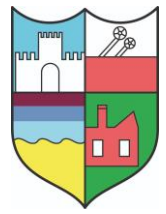
early enough.						
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Online safety and harms						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
That for most people the internet is an integral part of life and has many benefits		S&TCB L1	S&TCB L4	S&TCB L2		
About the benefits of rationing time spent online. The risks of excessive time spent on electronic devices. The impact of positive and negative content online on their own and others' mental and physical wellbeing.						H&W L4
How to consider the effect of their online actions on others. How to recognise and display respectful behaviour online. The importance of keeping personal information private.		S&TCB L2	S&TCB L3	S&TCB L2	S&TCB L5	S&TCB L3
Why some social media, some computer games and online gaming are age-restricted.				S&TCB L1		H&W L4
That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.			S&TCB L4		S&TCB L2	S&TCB L3
How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.			S&TCB L5	S&TCB L5		S&TCB L2
Where and how to report concerns and get support with issues online.			S&TCB L4,5	S&TCB L2	S&TCB L2	

Physical health and fitness						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
The characteristics and mental and physical benefits of an active lifestyle			H&W L1			H&W L7
The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.		H&W L2	H&W L1			
The risks associated with an inactive lifestyle, including obesity			H&W L1			H&W L7
How and when to seek support, including which adults to speak to in school, if they are worried about their health.						H&W L8



# Ellington Primary School



Healthy eating						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
What constitutes a healthy diet, including an understanding of calories and other nutritional content		H&W L6	H&W L6		H&W L6	
The principles of planning and preparing a range of healthy meals		H&W L6			H&W L6	
The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.		H&W L6	H&W L6		H&W L6	H&W L7

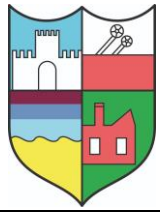
Drugs, alcohol and tobacco						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	S&TCB L6	S&TCB L8	S&TCB L6,7	S&TCB L8	S&TCB L7	S&TCB L1

Basic first aid						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
How to make a clear and efficient call to emergency services if necessary.	S&TCB L4		S&TCB L1,2	S&TCB L3	S&TCB L6	S&TCB L7,8
Concepts of basic first-aid, for example dealing with common injuries, including head injuries			S&TCB L1,2	S&TCB L3	S&TCB L6	S&TCB L7,8

Health and Prevention						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.						H&W L8
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	H&W L6				H&W L7	
The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn	H&W L3				H&W L2	
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.		H&W L7	H&W L6	H&W L1		
About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing	H&W L5					H&W L6
The facts and science relating to immunisation and vaccination.	H&W L7					H&W L6



# Ellington Primary School



Changing adolescent body						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes				S&TCB L6,7	S&TCB L3,4,5	S&TCB L4
About menstrual wellbeing and key facts relating to the menstrual cycle.					S&TCB L4	S&TCB L5